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HOUSEHOLD CALENDAR

Low priced roasts for spring time

A radio interview between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Morse Salisbury, Radio Service, broadcast Thursday, March 28, 1935, in the Department of Agriculture period, National Farm and Home Hour, by NBC and a network of 50 associate radio stations.

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MR. SALISBURY: Well, Miss Van Deman, I understand you've had lots of fan mail to answer lately, since that talk about cooking cabbage.

MISS VAN DEMAN: Right you are. And here's a card I'd like to answer but I can't. It's signed by Oscar Smith, but he forgot to give his address.

MR. SALISBURY: Can't you get it from the post mark?

MISS VAN DEMAN: No, the post mark's so blurred I can't make out anything but North Dakota. Shall we page Mr. Smith of North Dakota?

MR. SALISBURY: All right. Calling Oscar Smith, North Dakota. Oscar Smith, please stand by. If you want Miss Van Deman to send you that circular on cooking vegetables you'll have to send her your post office address.

By the way, Miss Van Deman, what's the number of that circular?

MISS VAN DEMAN: No. 265-C. And it's called "Conserving food value, flavor, and attractiveness in cooking vegetables."

MR. SALISBURY: Now, Miss Van Deman, to make a quick jump from cabbage to lamb, I want to read you this piece I cut out of the paper the other day.

MISS VAN DEMAN: Fine. Let's have it.

MR. SALISBURY: The headline reads, "\$100 Roast Lamb News Brings Fire Fighters Running."

MISS VAN DEMAN: That's exciting. Go ahead.

(over)

MR. SALISBURY: Here's the rest - "A whole engine company of firemen rushed to John Doe's boarding house at 1228 Main Street when the news got out that the boarders were going to have leg of lamb for supper last night. The flame of the gas oven licked hungrily when the succulent grease of the roasting lamb trickled down. Then the fire leaped up and ran around the kitchen walls. Damage - \$100." Well, how can you meat cooking experts explain that?

MISS VAN DEMAN: Easy enough. That cook had her oven too hot. Guess she didn't know about the new science of cooking meat at moderate temperature.

MR. SALISBURY: No, it sounds as though she were following the old Chinese custom of roasting pig by burning down the house. Remember Charles Lamb's Dissertation on Roast Pig we used to read in high school?

MISS VAN DEMAN: Do I? I read it over every now and then and have a good laugh. It's delicious humor. But perhaps we'd better not get Lamb that you read and lamb that you eat mixed up.

MR. SALISBURY: That's so. This will be a regular lamb's gambol if we aren't careful. All right, I'll be serious. I understand that lamb is one of the moderate priced meats right now. Lamb is only 2 to 5 cents a pound higher than it was in March a year ago.

MISS VAN DEMAN: You mean the heavier lamb of course.

MR. SALISBURY: Yes, the fed lambs that are nine or ten months old. That kind always comes onto the market at this time of year in quantity. This year is no exception, the economists tell me. Some markets are featuring lamb among their bargains. Then there's the very young spring lamb, or hot house lamb, as it's sometimes called. But that's a luxury. It always commands top-notch prices around Easter.

MISS VAN DEMAN: Personally, I'd take the heavier better-fleshed cuts any day, even if I could afford the very young fancy spring lamb. Practically all the lamb sold on the market now-a-days is from animals less than a year old. Almost every cut is tender enough to roast or broil.

MR. SALISBURY: That doesn't mean that lamb stew is going out offashion, does it?

MISS VAN DEMAN: Not at all. Any skillful butcher can find plenty of small pieces for a stew. We used to think that lamb shoulder was too bony for anything but stew. But we've found a very clever way of taking out all the bones and then putting in a savory stuffing and sewing the edges of the meat together. This way a lamb shoulder makes a nice small, low-priced roast, almost square and plump as a cushion. And a joy to carve.

MR. SALISBURY: Yes, I can bear witness to that. I'm all for these boned roasts that are easy on the man who wields the carving knife. Why doesn't some smart butcher start the fashion for boning leg of lamb as well as shoulder?

MISS VAN DEMAN: Some have. Aren't you acquainted with the honey-mooners' roast?

MR. SALISBURY: No, that's a new one on me. What's it like?

MISS VAN DEMAN: Just a nice compact boneless little roast made from the sirloin part of a leg of lamb. Like all the boned cuts, it's better if it's filled with a well-seasoned bread-crumb stuffing.

MR. SALISBURY: I suppose these boned, stuffed roasts are just as easy to cook as roasts with the bones left in.

MISS VAN DEMAN: Absolutely, except that they take longer to the pound. A boned stuffed roast of lamb may take 35 to 40 minutes to the pound with the oven at moderate heat most of the time. By moderate heat I mean between 325° and 350° F.

(over)

MR. SALISBURY: Don't you have it hotter than that when you put the meat in?

MISS VAN DEMAN: I do if I'm using the ordinary type of gas oven and can lower the heat quickly. Then I start the roast in a hot oven, 450° to 500° F. for the first half hour. When it begins to brown lightly I turn the gas down and let the roast finish slowly at moderate temperature. But if I'm using a heavily insulated oven, either gas or electric, or if I'm using an oil or coal range, I have the oven heat moderate all the time the meat is cooking. With these tender roasts I never add any water and I never put a cover on the pan. The low heat cooks the meat through slowly and evenly and keeps in the juices. Even the fat and drippings in the bottom of the roasting pan don't burn. They brown nicely, just enough to make good gravy.

MR. SALISBURY: Miss Van Deman, I told our Farm and Home friends the other day that anybody who wants to brush up on the science and the art of cooking lamb could send for your leaflet "Lamb as you like it." How's the supply holding out?

MISS VAN DEMAN: We still have copies. Yes, I'll be glad to send this leaflet to anybody who wants to know how to cook all the cuts of lamb, including a boned shoulder with mint stuffing.

MR. SALISBURY: Mint stuffing?

MISS VAN DEMAN: Yes, a bread-crumb stuffing seasoned with fresh mint leaves.

MR. SALISBURY: That is a sign of spring. Thank you, Miss Van Deman, come again next week and bring along a sample of that roast shoulder of lamb with mint stuffing.

MISS VAN DEMAN: I'll try. And goodbye everybody, until next time.